

# Utah State Hospital Newsletter

Issue 31

Winter 2008



## SUPERINTENDENT'S CORNER

### *In Awe of You!*

*I'm not sure about you, but I feel like I blinked and the year was gone. And yet, though it may feel like time flew by, much has been accomplished during this busy year. It is no surprise that the Utah State Hospital excelled in many ways this past year. I am in awe so often at the ongoing efforts, hard work, innovation, creativity, and the professionalism displayed by the employees of the hospital.*

*We have been very successful and everyone should be proud of our accomplishments. Success is no minor thing. It takes hard work and sacrifice to achieve. Colin Powel once said, "There are no secrets to success: Don't waste time looking for them. Success is the result of persistence, hard work, learning from failure, and persistence." USH employees exemplify this statement. Our 2007 – 2008 Accomplishments report speaks loudly to this. Let me just list a few:*

*Continued on Page 2*

## INSIDE THIS ISSUE

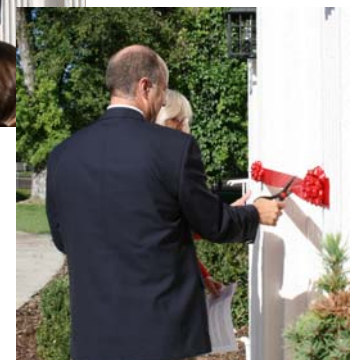
- Annual Employee Workshop
- NAMI Walk
- Cemetery Mystery
- CME Accreditation
- Kudos!
- Wellness Success

## HOSPITAL MUSEUM OPENS

The Utah State hospital celebrated the opening of a Historical Museum on Tuesday, September 16, 2008. Over ninety people visited the museum during the open house and over one hundred and fifty have visited the museum since its opening.

The museum located in the former Superintendents Home contains both photographs and artifacts that tell the hospital's history and the history of the treatment of mental illness over the past one-hundred and twenty three years of the hospitals existence. Nearly all of the items found in the museum were used during the hospitals history. Many of the items were collected and saved during various renovations and demolitions of buildings on the hospital's campus.

The museum is free to the public and open every Tuesday and Thursday from 1- 5 p.m. Groups are welcome to call and arrange for another day for a visit. Hospital staff can also arrange to use the Superintendents home for retreats and meetings. However, current seating space is rather limited. The house can currently accommodate groups of around 25. For more information please call Janina Chilton, 344-4635 or Shawna Peterson, 344-4254.



*Joint Commission re-accreditation, full American Psychological Association accreditation for the APA interns, full Medical CME accreditation, Nursing recruitment and retention plan successfully implemented, department efficiencies studies completed which helped us during the special session to avoid further budget cuts, successful Hispanic Awareness Week, another great Employee Workshop week, continued successfully as a Tobacco-Free Campus, ongoing efforts in our Wellness Programs, expanded our Treatment Mall, the quality resource office set a national standard developing a new manual for our CMS internal audits and the hospital managers excellent performance in completing the audits, re-organization of hospital unit programming to better meet the staffing and safety needs of the hospital, over 2200 VIP's and Kudos' given out hospital wide, 17,352 hours of volunteer work, 13,980 hours of volunteer hours from spiritual support groups, opening of the USH Museum, computer-based training developed to streamline mandatory training, Patient Care Manual completed and training implemented for all direct care staff, enhancements to Adult Education hours and Vocational Rehabilitation – work assignments for 97 patients, participated in a multi-county disaster drill, implementation of our Automated Medication machine, 24/7 phone access line for staff support with blood exposures, ongoing research efforts with our academic partners, extremely efficient work with community partners to manage and decrease the forensic waiting list, Dr. Von Riotte was selected Manager of the Year for DHS,*

*...and many, many more.*

*I could go on for pages. And sadly, this wouldn't even begin to capture the day to day unnoticed efforts by each of you that have to happen to make the larger accomplishments even meaningful.*

*Though we have responded well in each one of our challenges over the past few years, we must see the benefit from our efforts. One important one is that we have prepared ourselves well for the challenges of the future. Jim Rohn, recognized by some as one of the greatest motivational speaker of all time said, "It is not what happens that determines the major part of your future. What happens, happens to us all. **It is what you do about what happens** that counts."*

*On behalf of the Executive Staff at the hospital I want to express appreciation to you as employees of the Utah State Hospital for your commitment and dedication to a high standard and quality of patient care. We are so fortunate to have the caliber of professionals working together. We recently were asked to write our one year follow up to the 2007 Legislative Audit. The Audit was very favorable.*

*The consultant made many comments, particularly ways that we could achieve Best Practice status on many of our treatment approaches and interventions. Out of his 64 recommendations we have implemented 50 and partially implemented 6 others. Continuous Quality Improvement Teams were organized last November to address many of the more systemic and complex recommendations. A Steering Team met on a regular basis to track the progress of the CQI Teams. These teams have focused on areas of training, maximizing the use of patient strengths, risk assessments, elopements, working with high acuity patients, dual diagnosis treatment and education, and staff efficiencies. Hundreds of hours of work have gone into these committees and I want all those who have worked on the committees to know how important your work has been to the hospital.*

*We could have ignored the consultant's recommendations based on the fact that the audit identified our strengths and we were recognized as a very good hospital. Yet, the attitude of the hospital has always been one of progression. Excellence is not achieved through stagnation. Ralph Waldo Emerson said, "Unless you try to **do something beyond what you have already mastered**, you will never grow." He should know, he graduated from Harvard at age 18.*

*Thank You ALL for your hard work!!! I also want to wish you and your families and great Holiday Season and Happy New Year! You Deserve It!!!*



## NAMI WALK'S FOR THE MINDS OF AMERICA



Walk With Me, Talk With Me, Mental Illness Won't Stop Me.....and it didn't! On Thursday, September 25<sup>th</sup> at 8:30 in the morning 71 people met at the steps of the Heninger building at the Utah State Hospital Campus to participate in our own campus walk to help increase awareness of mental illness. This was in conjunction with the NAMI Walk for the Minds of America walk that would take place on Saturday the 27<sup>th</sup> in Salt Lake City.

It was a great day for an early morning walk and all combined we walked a total of 71 miles! Those that walked signed our banner and we took your name with us as we walked in Salt Lake. We also had signatures from those that could not walk either day but still wanted to show their support.

On Saturday three vans full of patients and staff went to Franklin Covey Field in Salt Lake to join with other consumers, family members, and friends from around the state. There we participated in a 3 mile walk down State Street and back to Franklin Covey Field. The Walk With Me team wore maroon shirts with our team name and the hospital logo. We were the largest team represented at the walk this year!

The annual NAMI walk is a way for us to participate in a state event that helps to make others aware that mental illness is real and it is treatable. Thanks to the consumer council and others who helped to put our team together; thanks to those that participated in either or both walks; and thanks to all who help to stamp out the stigma of mental illness....It Won't Stop Us!



## WELLNESS SUCCESS!

The success of the Wellness Program on the Northwest Unit can be attributed to the efforts of our "Wellness Champions" and the willingness of our patients to get involved. To date we have found that each patient can be involved from the lowest to the highest functioning. Since the Wellness Program started the patients and staff have become more aware of the benefits of having a healthy lifestyle. Self esteem and confidence is built as we support, inspire and encourage participation. Watching the patients begin to feel better about themselves has turned out to be the biggest surprise for our staff. Each patient that participates seems to be experiencing a positive and meaningful change. Several have expressed how much better they feel physically and how it has impacted them mentally and emotionally.

We include all patients and watch as they come together in small groups, asking each other about forming walking groups, taking turns on the tread mill and even motivating staff to make better eating choices. Positive feedback with the patients has helped tremendously. Helping each patient focus on their own personal goal and supporting their progress has been a rewarding experience for the staff. One of our patient participants wrote the following testimonial and shared it during a recent Family Day.

"The wellness program has motivated me in so many ways. One of them is my physical health. It helped me to be physically active which makes me have a positive attitude. It also helps my body to feel stronger and healthier. Another way that has been a good motivation is that it creates a good environment with the patients. It's a positive and competitive way of challenging each other to do good and it creates friendships on the unit. It also helps me with my coping skills. When I feel stress or anxious I just sign up for a walk on the treadmill and my worries go away. I really love this program because it helps me a lot with my need of recovery and that is why I'm so active on unit. It's exciting and fun and it's really helpful in my stay at the hospital and it makes me feel better and motivates me with my mental illness. Since I have been participating in the wellness program I have walked 350 miles and plan to do more."



## *Facilities Update*

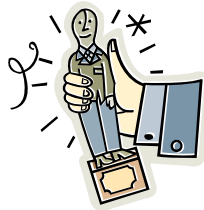
- **Water to the South orchard** – the pipeline to save overflow water as water for the trees in the orchard is completed.
- **Future Campground** – sprinklers have been completed and grass has been planted in the campground area.
- **Youth Center** – a portion of the roof of the Youth Center has been replaced so it won't leak every time it rains or snows.
- **MS Building** – the second and third floors have been retrofitted with a hot water heating system because the steam lines were solid with iron oxide deposits. This project is scheduled for completion by December 17.
- **Center Street curb and gutter and pavement** – a contract has been awarded to replace the curb and gutter of the center strip and to partially re-pave Center Street. This will begin in the spring.
- **Swimming Pool** – an ultraviolet light system is being installed in the water circulation system of the pool to help prevent contamination and spread of diseases like Cryptosporidium, which caused diarrhea in so many people from the public pools last year.



## **USH Granted Full Four-Year CME Accreditation**

As the result of a survey of USH's CME program in July, the Utah Medical Association Accreditation Committee has granted full CME accreditation to Utah State Hospital for a period of four years beginning June 9, 2008, and ending July 31, 2012.

USH was commended for its performance in the area of activity evaluation in terms of physician performance and/or patient outcome. USH was congratulated for taking its evaluation process to the exemplary level in the case of several CME activities held over the past four years.



## **Foods to Avoid on New Year's Day**

You know that there are "lucky" foods that are supposed to bring you wealth and wellness in the New Year. But did you know that there are also *unlucky* foods that you should avoid?

- **Chicken.** Because chickens scratch backwards, they may lead to regrets or keep you living in the past.
- **Lobster.** Because lobsters move backwards, they may cause you setbacks during the new year.
- **Any fowl that can fly.** Because they may fly away with your good fortune.

- First Draft, December 2008



## CEMETERY MYSTERY . . . .

Located on the grounds of the Provo City Cemetery are several grassy fields that contain no markers or headstones. Those visiting the cemetery are likely to assume that no one was buried there. In fact, the fields are the final resting place for over 500 State Hospital patients who were buried anonymously. Phyllis was the youngest of these nearly forgotten patients. She died at only 18 months old in 1931. Lizzie was one of the oldest when she died at age 86 in 1922. They were children, youth, mothers, old men and women; poor, rich and of every nationality. Most did not have families who were involved with them, or families who were too poor to provide care. However, they all had one thing in common: They lived and died anonymously.

It was while doing research on these anonymous patients buried at the cemetery that a mystery became apparent: One headstone was across the road from one of the Hospital plots and was placed to face west, while nearly every other headstone in the plot faced east. Since the head stone was placed next to the road, there wasn't room to bury the person facing west. There had to be another reason that he chose place to his head stone to face opposite of his body.

Equally intriguing was the message engraved on the stone: "Friend and Benefactor of Utah State Hospital Patients". Who was this man who cared enough about anonymous patients at the Hospital to place his marker facing them rather than his own body?

We have learned that this benefactor had been a patient himself. Peter Gunderson was born in 1885 and had come to this country from Norway at the age of 19. In 1924 he was admitted to the Hospital and spent 10 months there before being released. After leaving the Hospital he worked as a carpenter for 32 years and then became a successful homebuilder himself.

In 1964, when the Hospital was in the process of fundraising for an inter-faith chapel a large donation came from an unusual source, Peter Gunderson. Mr. Gunderson donated his entire life savings of \$37, 000 to the chapel project. This equates to about \$250,000 in today's dollars. When asked about such a large donation, Mr. Gunderson told a Daily Herald reporter that he was doing it because, "I was in the hospital in 1924 for 10 months. I figure I owe everything to the hospital. If it hadn't been for the hospital I wouldn't have anything". He also said that "I wanted to do something while I am still alive. And I want people to know that you can be a success after you get out of the hospital. I want patients to know that they can do these things when they get out, too."

Solving the mystery of the west-facing marker evokes many feelings. It is sad to know that so many patients are buried without markers, losing their identities in both life and death. It is, however, inspiring to know that people like Peter choose to remember and honor them in both life and death. In his roles both as patient and benefactor, he reminds us that what we do matters to the people we call patients. He reminds us in his example that recovery is real and that mental illness cannot erase someone's dignity and value to the human family.



## ANNUAL EMPLOYEE WORKSHOP

Employee Workshop Week 2008 kicked off early Monday morning, October 27<sup>th</sup>, with both a leisure walk & race to the "Y". Twenty employees participated in the walk/race and completed the trek to the "Y" & back to the State Hospital. Prizes were awarded to the first place male, Kirk Jensen from Forensic who came in at 35:15 & the first place female, Charie Wilkinson who came in just minutes behind Kirk. Thanks to Scott Blackburn & Greg Wootton for being photographers!

Also held on Monday was the Annual Carnival! It was a fun night for our USH family to bring their children & grandchildren for fun games & yummy food – including hotdogs & chili, fountain drinks, cotton candy, popcorn. It looked like everyone had a fun-filled evening!

Tuesday was filled with the keynote speaker, lots of chocolate, emergency preparedness & healthy inquiries. Our keynote this year was Dr. Juergen Korbanka, the Director of Wasatch Mental Health, and he discussed "Caring for the Caregiver", teaching staff how to take care of themselves, as they care for the patients. Chocolate dipping was again a big success! One staff was overheard saying "I'm going to give these away as Christmas gifts!" Thanks Shawna for getting the chocolate dipping classes together!

We'd like to also thank the "earthquake lady" Maralin Hoff with Division of Emergency Services & Homeland Security for her expertise in emergency preparedness with an emphasis on earthquake preparedness, as well as Healthy Utah for providing a class on Healthy Aging to our staff. The "earthquake lady" was very entertaining and kept the audience's attention with all her props & her passion for emergency preparedness.

Wednesday brought us classes like "Making Time for you Children", taught by our Childrens unit staff, NOVA (Community Awareness Program) taught by Sgt Charlie Wakamatsu from Orem PD, and How to Get Along with Difficult Co-Workers, taught by one of USH's social worker's Brigham Young. We truly appreciate all that was shared especially the classes taught by our own staff. All of these classes were enlightening to the staff in attendance! Thanks for taking the time out of your busy schedules.

Employees who were willing to pay \$1.00 for tasting & judging at the "Great USH Cook-off", were treated to yummy desserts & delicious soups/main dishes. A lot of staff said that was the best \$1.00 they've spent! There were 3 winners in both divisions. Winners in the soups/main dish division: 1<sup>st</sup> place – Gwen Nelson's *Creamy Asparagus*, 2<sup>nd</sup> place – Greg Hullunger's *Chili Verde*, 3<sup>rd</sup> place – Leland Slaughter's *Blazin' Bambi*. Winners of the dessert division: 1<sup>st</sup> place – Becky Wright's *As You Like It*, 2<sup>nd</sup> place – Patsy Hancock's *Sweet & Salty Turtle Cookie Bar*, 3<sup>rd</sup> place – Pam Elkington's *Carmel Popcorn*. Seriously...if you weren't there, you really did miss out!

After the cook-off a lot of the employees showed up for the highlight of the week "Price is Right". Most staff won prizes in the individual games, but the one employee who took the game was Petra Castro from food services, who won the showcase showdown and took home a his & her's bike set! She was so excited, and said she was going to give them to her kids for Christmas!

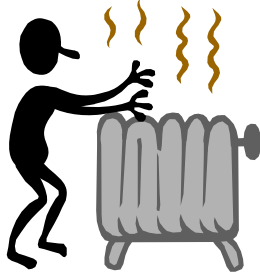
On the last day of Employee Workshop Week, the Frisbee Golf Competition took place, along with the All-Day Craft Fair, 401k Pension classes, and Vinyl Lettering. It was a very busy week, but all-in-all it was an enlightening & fun week!





## Elite Eight

Huge thanks to the guys in Facilities for the great job they did in getting heat to the Children's Unit on Monday October 13<sup>th</sup>: Kendall Johnson, Mark Harward, Greg Wright, Bart Steinfeldt, Keith Fox, George LeBaron, Todd Smith, Bert Beddoes. And also a great big thanks to John Penney in Purchasing for the behind the scenes work to get the necessary equipment for the project.



*"Attempt the impossible in order to improve your work." — Bette Davis*

## Steve Haacke:

Steve has made the Disc Golf Course on campus a reality! He spearheaded the whole effort from the beginning. He worked with and directed the eagle scout who did the course for his project. Steve mapped out the course with many revisions from people who gave input. He researched, ordered and organized the materials. Has written the rules and developed a course map and scorecard. He has put in a lot of extra time and effort into the project in which will be a great asset to the hospital.



Thanks Steve!

## Leslie Miles:

Some people have described Leslie Miles as "quirky", "something else", and "she's a trip". If you are lucky enough to work with Leslie, you know that these descriptions are compliments of the highest order. Energy exudes from her in an unstoppable tide of enthusiasm. For the past 14 years, Leslie has worn many hats throughout the Hospital from Unit Nursing Director to Nursing Education Specialist. She has been instrumental in producing manuals and materials for a host of groups and programs that are utilized on the Forensic units and throughout the Hospital to improve staff teaching skills and patient outcomes. As one of the Wellness Champions she has demonstrated unbridled enthusiasm and made meaningful changes to the culture of the Forensic Units and the lives of the patients. She is a rare combination of a coworker that can present to a professional body and command respect and later in the week dress up as an Easter bunny and make even the most introverted patient laugh. She has the rare ability to work with some of the most challenging patients, have success, and make it look easy. Her "can do" attitude has a contagious effect that inspires people around her to strive for the stars while at the same time engage in the pragmatic minutia that make initiatives successful.

Yes she *is* "quirky", "something else", and she definitely is a "trip". We think the world of Leslie and wish there were a thousand of her...Oh wait, no, that would be a bad idea. The one we have is just perfect.



Share with us the good that is happening in your departments!  
Send "Kudos" to your co-workers to [jgierisch@utah.gov](mailto:jgierisch@utah.gov) to be published in the next newsletter!

## EMPLOYEE WORKSHOP BAKE-OFF

### The Winner is . . .

#### As You Like It Dessert

By: Becky Wright

1½ c. flour  
¾ c. butter  
2/3 c. chopped nuts

Combine ingredients and cut together as for pie crust until they resemble coarse meal. Press into 9 X 13 baking pan. Bake at 350 degrees for 30 minutes or until golden brown. Remove from oven and cool.

1 c. powdered sugar  
1-8 oz. pkg. softened cream cheese  
1-9 oz. carton whipped topping

Beat together sugar and cheese until fluffy. Add ½ of the whipped topping blend and spread on cooled crust.

2 pkg. (3 oz. each) instant chocolate or lemon pudding mix  
3 c. milk

Make up pudding according to package directions using just 3 c. milk. Spread the pudding on the cream cheese layer. Spread remaining whipped topping on pudding layer. Sprinkle with additional chopped nuts if desired. Chill overnight. Makes 15 servings. Butterscotch and other flavors of pudding can also be used.

#### Creamy Asparagus Soup

By: Gwen Nelson



1 cup butter  
½ cup flour  
2 minced garlic cloves  
8oz cream cheese  
4 cup or 1 carton of chicken broth  
1 quart half and half  
6-8 oz of shredded parmesan cheese  
2 tsp. garlic powder  
2-3 teaspoons season all  
2-3 table spoons Westchester sauce  
1 teaspoon Tabasco sauce  
½ teaspoon crushed rosemary  
2 -3 cans Asparagus drained (or 1 quart home canned)

Melt butter in a large sauce pan add flour to make a thin rue. Add minced garlic then melt cream cheese. It will be kind of lumpy. Slowly add chicken broth stirring continually to eliminate lumps. When it is smooth you can pour mixture out of the sauce pan and into your crock pot or a large heavy pan. Add half and half, cheese and seasonings, stirring occasionally till you bring to a low simmer. Seasoning is to taste you may want to add salt and pepper. Add Asparagus - be careful not to stir too vigorously so not to break up the asparagus. Simmer about 15-20 min.

#### USH NEWSLETTER

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**OH, THE PLACES WE HAVE BEEN**



**Identify the correct location of the above picture to have your name entered into a drawing for a prize!**

**E-mail the correct answer to [jgierisch@utah.gov](mailto:jgierisch@utah.gov) by December 22, 2008**

**(Sponsored by Employee Activity Committee)**